

**“Still” on Apple TV+ and
No Time Like the Future: Michael J Fox
(or use another of his past memoirs)**

Type Seven Epicure Themes to Note

Mental Planning Type: Joined by 6s and 5s. All have a future orientation (alleviating uncertainty and panic)

Wings: Resolving the tensions between wanting authority in a full-force life (8 wing) and general mistrust and the wish for safety and security (6 wing) — the resolution is autonomy for self, others: freedom.

Primary Value: Freedom for Self and Others

Avoidance: Boredom, Restriction/s and Pain, (FO)MO

Archetypal Energy Characters: Puer/Puella, Pied-Piper, Robin Hood, Tigger; Naranjo called “The Loquacious” Type (talk talk talk)

Styles: (Seemingly) Endless (Mental or Physical) Energy, like an energizer bunny at least of the mind, Fear of Restrictions

Challenge: Gluttony of Ideas and An Addiction to The Next; Arrogance of Free Thinking; Not digesting/metabolizing what you experience.

High Side: Accepting with Grace the Sobering Limitations of Life: Sobriety, Temperance, Constancy.

1-4-7 Harmonic: Engaging in the Hard Work 1 with an Acceptance of Loss 4, Never Losing the Joy Gratitude and Curiosity 7.

Optimism takes many forms: youthful ungrounded pie in the sky vs mature grounded embodied legitimate hope and acceptance.

Dale's notes from the film and book:

This memoir is less cheery and more grounded in acceptance/limitations than the last two.

The film director asks him about a tragic view of his story and he says: “**Yeah that’s boring...** I’m a tough son of a bitch, you can’t kill a cockroach.”

Before Parkinson’s what did it mean to be **still**? “I wouldn’t know.” As a child/teen he mentions **he didn’t know boundaries, he knew escape.**

“**As a kid I lacked the faith required to be still.**” This may be an important metaphor in understanding Sevens as a Fear Type— being afraid to stop. Fives are afraid to start, and Sixes go back and forth wondering whether to start or stop....

His small stature made him feel the world wanted him to be “bigger” and he couldn’t do anything about it but expand—- **7s frequently report feeling “behind, restricted, missed out on something important” so their attention goes to assuring they don’t miss anything in the future.**

He reports he had a high ability to run (wing point 6) from bullies (wing point 8). The Seven ability to Rationalize/Sublimate is here in the ability to slip out of anything difficult.

His Dad he refers to as “a protector of his family and against romantic fantasy.” -He saw some Restriction and wanted to be beyond-

MJFox lives free and alone as a teen while acting in the states. Constant rejection in parts, low to no money, actually in danger yet: Resilient and lucky. “But I still had a chip and a chair” in the poker game.

Seven Cheer: He loves causing laughter bc it is connective, involuntary.

Currently: Without meds, he is **restricted** to his own mind. “My world is getting smaller.” It is amazingly difficult to be restricted more and more over time, for us all, not just 7s: Right?

Back to THE FUTURE —Which is where 7s prefer to live. His **resilience** got him to a **yes** on both jobs Family Ties and Back to the Future.

(29 min into film) He doesn’t brag (he’s not a 3) and doesn’t complain (he’s not a 4)— He is a Canadian 7 who happens to play U.S. Threes very well!!!

About his broken face fall: “**Gravity** is real, even if you’re only falling from my height”!!!! Haha. Notice the weight (pun intended) of the word GRAVITY— this is a man who has developed GRAVITY, GRAVITAS, SOBRIETY and can still add laughter for us to experience with it. I love this man!

His OT: “We need to work on **slowing down your thought process, slowing down.**” **This is medicine for All Sevens.**

When meeting Tracy, she saw “I could lose myself in the **party that had become my life.**” Young Sevens can be fairly unbounded and reticent to slow down or make commitments.

Paraphrase: Actors don't become actors bc of confidence, they want to spent most their time being somebody else... — this discussion felt Type Seven to me bc I think the monkey mind of 7 wants to be somewhere else someone else, anything else than the present (bc they mistrust the present is enough)— Think Anthony Bourdain and never being sated/satiated.

MJFox: The more symptomatic he became the more he worked and drank. To be anywhere else was what he wanted.

“To me, the worst thing is restraint. To be constrained and to not be able to have a way out... and there were times I said there's no way out of this.” As he was keeping his diagnosis from everyone but family.

The director remarks how Fox has never said **I Am In Pain**.
“I couldn't be still, I couldn't be present in my life.. until This thing.”

I had a thought while I watched this show and read the book:

This is a head-type forced into this body, and he finds a great deal of importance there and in the feelings he may have missed otherwise.

Parkinson's Disease is endless movement, and Sevens report endless monkey mind.

A body in constant movement requires a mind that is not, and MJFox seems to achieve some of that.

Book: No Time Like The Future

This is a grand view on limitations, overcoming obstacles, and a study in happiness (his trip to Bhutan and experiencing freedom of a different sort, his *elation* at the luck of parents/kids/ wife/career/community). Ultimately he finds he can be mature and grounded: **a realist and an optimist**, through gratitude. But it's not optimism in the head, it's lived experience and grounded. Some of what you are reading is a Type Seven doing something that is difficult but important for them to do: Digest/Metabolize/Savor their lives.

Reflection Questions for our group:

- > **What is your response to this film/book and MJF?**
- > **What part of this is you? How do you avoid the present and mistrust that it is enough?**
- > **How do you cope with restrictions and pain?**
- > **In what ways have you developed commitment, perseverance, resilience and a realistic optimism about life?**
- > **What might these quotes mean to you, in light of Type Seven themes in your life?**

You do not need to leave your room.
Remain sitting at your table and listen.
Do not even listen. Simply wait.
Do not even wait. Be quiet, still and solitary.
The world will freely offer itself to you to be unmasked.
It has no choice. It will roll in ecstasy at your feet.
-Franz Kafka

Listen to your life.
See it for the fathomless mystery that it is.
In the boredom and pain of it
no less than in the excitement and gladness:
touch, taste, smell your way into the holy and hidden heart of
it
because in the last analysis all moments are key moments,
and life itself is grace.
-Frederick Buechner

Extra Credit for high achievers:

Housekeeping (by Marilynne Robinson)*
Raisin in the Sun (by Lorraine Hansberry)*
The Mayor of Castro Street (by Randy Shiltz;Milk)*
Driving Over Lemons (by Chris Stewart)
The Picture of Dorian Gray (by Oscar Wilde)
Rocketman*
Captain Fantastic*
Roadrunner (Anthony Bourdain documentary)*
The Lilies of the Field (by William Edmund Barrett)*
A Gentleman in Moscow (by Amor Towles)*

*a film option is available